

(TMI Focus, Vol. XXX, Nos. 1 & 2, Winter/Spring 2008)

## **Interview With Rita Warren**

March 14–15, 2005

*by Russ Mason, MS*

I cannot claim to have known Rita Warren well. I had dinner with her and Frank DeMarco one evening in August of 2004. I got a little note from her at Christmas, and based on Laurie Monroe's suggestion, I interviewed Ms. Warren the following year. It was to have been a part of a book project entitled *Hogwarts for Real*. The book project never saw the light of day, but I saved the tapes of those whom I interviewed. I am glad I did. Ms. Warren had much to say about TMI, Bob Monroe, and her experiences and life—with her husband, Martin—at the research lab and living on the New Land. I'm happy to be able to share some excerpts from that interview with TMI members now.

**RM:** What occurred during your first visit to the Institute?

**RW:** During some of the tape experiences, the most vivid to me in my recall of that week now was a tape in which we were initially asked to go to the box where we leave behind all the things that might interfere with the experience. And this time the instruction said, take just one thing out of the box to take along with you, and to experience from another perspective.

I chose guilt. I thought that would be something worth looking into from a higher perspective.

During that tape—it's almost unfair to start with this incident, because it was so dramatic—I took guilt into some higher level. I am not sure of the Focus level we were going to, but I think it was Focus 12.

During the experience, I was aware of the picture, [of] what I was seeing. The sky was getting darker and darker. And then it began to sprinkle and I was feeling the raindrops. Then the rain got heavier and heavier and heavier, and finally an absolute downpour. I was feeling an absolute pressure from this experience.

But then the rain began to ease up, to a light rain, and then the sky began to lighten up.

Then a voice said, "If you needed to concretize your sins being washed away, there it was."

That was the single most dramatic experience I had during those tapes. But, as I say, there were many others.

I experienced both visual imagery and auditory imagery, the kinesthetic. They were part of the example I just gave you. I was pretty convinced that something was happening here that I had no experience with, but my feeling about it was that—although I didn't understand these experiences—they felt fine. I was excited, wanting to continue in this realm.

**RM:** During your time in the booth, were you able to go out-of-body? Or meet your spirit guides? Examine past lifetimes?

**RW:** [chuckles] I guess I'd have to say "all of the above." You know, the out-of-body language is not very useful. He [Bob Monroe] used the idea of [turning] a dial from one state of consciousness into another. From 10, 12, and so on, and ultimately out to some point where it would be clear that you were describing an out-of-body experience. But because it is a process, rather than a state—that is, getting there is a process—Bob felt strongly that what the people were experiencing was an out-of-body state. And many of the participants felt that "Yes, this is an out-of-body state." But they had to learn to do it, while still being able to talk. Because the purpose of the *Explorers* was to bring back information, not merely to have experiences in the [isolation] booth.

**RM:** It is interesting to me that "ordinary" people could do that—that many people are walking around on the street, unaware that they have this capacity to go out and explore, the way the *Explorers* did.

**RW:** Yes, there are people who could easily do that. There are also all sorts of people who have belief systems that wouldn't permit that. I have no idea what the proportions are, but I do know it does not require a rare person to have these experiences. But what is required is either a real curiosity about these experiences or some prior experience in this area.

**RM:** The question that is obvious is: Where is the person getting the information?

**RW:** It seems to me that the two categories are (a) those who assume this information is coming from a Higher Self; or (b) that the information comes from an external source, that is, outside of their Selves. For some, the second category seems to be more valuable, because one is getting the information beyond the boundaries of one's own perspective.

There are a variety of ways of thinking about it. But, at this point in time, we don't know. So it is probably better to let the person who is getting the information make that decision.

**RM:** A final question. After you and Martin had relocated to the New Land and had begun to work with Bob, did you ever have any regrets about giving up your work as a teacher and a researcher?

**RW:** No. It was the best decision I ever made. To consider that we might never have had these experiences is a frightening thought.

Also, the experience of working with people who were going on these kinds of journeys—that was a great gift to us. As a scientist, it wasn't just getting the information, but it was also finding out what the process was. That was of greater interest to me, and a wonderful thing to behold.

*[Russ Mason is a freelance writer who frequently interviews interesting subjects for the journal Complementary & Alternative Therapies. Through that work, he learned of The Monroe Institute and attended the GATEWAY VOYAGE.]*

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 2008 by The Monroe Institute